

# JOURNAL FOR STARTING NUTRITIONAL SUPPLEMENTS

The human body has a mechanism that suppresses the memory of pain. Therefore, it is important to keep a record of pain and its reduction to be able to *actually know* if what you are doing actually works or not. Please do your assessment the same day each week on a scale of 1 to 10 for each area. Keep track of which products you are taking and how much. Stay on the products for 90 days while keeping track of how you feel.

	Started	Week 1	Week 2	Week 3	Week 4	Week 6	Week 8	Week 10	Week 12
<b>FOLLOW UP DATE &amp; TIME</b>									
Age you feel yourself to be									
Endurance / Productivity / Energy level									
Mental clarity: memory / focus									
Emotional evenness / stability									
Mental outlook / attitude									
Stress / Relaxation level									
Sense of well-being									
Sleeping: Hours / Soundness / Naps									
Body weight / shape / composition									
Water retention / location									
Skin: dryness / moisture / scars / warts / moles									
Wrinkles / baggy chin / upper arms									
Hair: Thickness / Gloss / Color									
Eyesight									
Muscle strength / weakness									
Muscles: Sore / Pain									
Circulation: Cold hands / feet									
Sexual drive / vaginal dryness									
Digestion / Elimination									
Joints: Knees / Back / other									
Blood Sugar: High / Low									
Blood Pressure									
Respiratory System									
Other:									

Drink 8-10 glasses of water (preferably filtered or purified) per day between meals to help your body cleanse and eliminate the toxins built up over the years.